A QUIVER BOOK

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THE ORAL SEX POSITION GUIDE

69 WILD POSITIONS FOR AMAZING ORAL PLEASURE EVERY WHICH WAY



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DISCLAIMER

All forms of acrobatic sex pose some inherent risks. The author and publisher would like to remind you not only to have fun, but also to take full responsibility for your safety and know your limits. Failure to do so could result in personal injury. Before practicing the techniques in this book, be sure to take all necessary precautions and do not take risks beyond your level of experience, aptitude, and fitness.

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Introduction

When most people think about sexual positions, they tend to assume they're all about penetrative sex. However, a bit of experimentation when playing the flesh flute or lapping the ladygarden can make all the difference. Approaching from a different angle can change the sensations entirely: for example, making the clitoris impossible to miss, or, if a woman is sensitive, helping you stimulate it indirectly. When it comes to fellatio, knowing how to move will help you give great deep-throat while minimizing your risk of gagging.

Changing positions can introduce a changed power dynamic, too. After all, it's hard not to worship a lover when you're on your knees with oral pleasuring in mind—and there's something deeply dominant about straddling a partner's face.

The Oral Sex Position Guide will take you through 69 different ways to indulge in fellatio, cunnilingus, and mutual oral exploration, including the classics, some creative twists (in both senses of the word) on traditional positions, and a few that fall firmly in the "acrobatic" camp. Don't think that you have to do all of them: Just like standard sex positions, what works for one person will leave another one cold, so see this guide more as a compendium of delights to give "eating in" a bit more variety. Enjoy your meal!





CUNNILINGUS POSITIONS



1 A Stab in the Backs

THE BENEFIT 

Not only does the man have a great view in this position, but it's much easier for the woman to indicate that she still wants more simply by virtue of staying in position. Anything that can get rid of the "Is that enough yet?" question has got to be a good thing. As an added bonus, the woman can feel exactly how turned on the man is by being up close and personal with her intimate parts. The position name gives a clue as to the expected reaction. Both of the man's hands are left free to explore—as are the woman's so she can play with herself, too.

THE HOW TO 

The man lies on his back on the bed. The woman lies on top of him on her back, with her head between the man's thighs, resting her torso on the man's and parting her thighs to allow easy access. Do get into position with care: You don't want to squash the man in an uncomfortable manner.

EXTRA CREDIT 

The man has both hands free in this position, meaning he can spread the woman's labia for deeper tongue penetration, slide a finger or more inside her, caress her torso and breasts, or indulge in anal play, if she's into that sort of thing. This is a great position for trigasmic bliss (stimulating the clitoris, vagina, and anus all at once).



2 Kiss My Ass

THE BENEFIT 

If a woman has a sensitive clit, she can find a full-frontal approach a little too intense. Entering from behind also allows the tongue to penetrate more deeply. Both of the man's hands are left free to part her cheeks (enabling even deeper penetration), caress her clitoris, or stroke her inner thighs. And obviously, should you wish to try rimming, this allows easy access. Just make sure that you use a dental dam.

THE HOW TO 

The woman stands up, ideally with a wall nearby to lean against to help support her weight during knee-trembler moments. The man sits on the floor with his legs crossed (or however he is comfortable) and dives in.

EXTRA CREDIT 

This position allows extremely easy access for sex toys, so if you like the idea of trying them out, try teaming a bullet vibrator on the clitoris (held by the man or the woman) with the oral approach from the rear. Bliss!



3 The Inbetweener

THE BENEFIT 

With the woman standing over the man, there's no doubt about who's in charge. She can grind her clit against the man's mouth, spread her legs wider for deeper tongue penetration, and lean forward or backward to ensure the man is hitting the spot. Submissive men will really get a kick out of this position.

THE HOW TO 

The man sits on the floor and the woman stands over his face. The man can use his hands to part his lover's labia and get fuller access.

EXTRA CREDIT 

As the man has both of his hands free, he can go for double penetration, along with steady lapping of the tongue, if his partner's into trigasmic bliss. Or, if you're into power play, try this when the man's hands are tied behind his head.



4 The Muffler

THE BENEFIT 

Talk about lazy bliss for the woman. She can simply curl up on her side and enjoy being pleasured. She can also use her upper thigh to adjust her partner's head position accordingly to ensure he's licking to her liking.

THE HOW TO 

The woman lies on her side with the foot of her upper leg flat on the floor. The man slides his head between her thighs from behind and gets to work.

EXTRA CREDIT 

The man's upper hand is perfectly positioned to stroke the woman's torso and caress her breasts. Meanwhile, his other hand can delve in between her thighs.



5 Sit on It

THE BENEFIT 

The woman gets to set the pace, rubbing against the man's face or grinding away to get his tongue ever deeper inside her. The man has both hands free to play with his lover, himself, or both at the same time.

THE HOW TO 

The man lies across the bed with his head at the edge. The woman sits on his face, facing forward, supporting some of her weight on her thighs.

EXTRA CREDIT 

Add extra kink by tying your lover up before riding his face—but only if he's into that sort of thing. Masturbating over his face once he's tied and refusing to let him lick you until you're good and ready can add a hot power-play edge to the proceedings.



6 Love Triangle

THE BENEFIT 

If you're feeling athletic, this position lends itself to deep, deep love. It also puts the woman's breasts in the perfect position for fondling.

THE HOW TO 

The woman sits on the sofa. The man kneels between her legs. He then pulls her thighs up to rest on his shoulders, making her slide down the sofa until her head is resting on the seat as he does so. The woman crosses her legs around the man's head to tighten her muscles and intensify sensation.

EXTRA CREDIT 

The woman's hands end up positioned conveniently near her lover's manhood. Fondling the man's penis and balls may well add an extra frisson to your fun.



7 Dirty Doggie

THE BENEFIT 

If you like your licking utterly abandoned and wild, this position leaves everything open for exploration. Just make sure you use a dental dam (thin latex square) over the anus if you want to give rimming a go. Otherwise, you could end up with all manner of unpleasant diseases, even if you've both been tested.

THE HOW TO 

The woman gets onto all fours with her head resting against the floor. The man parts her cheeks with his hands and dives in.

EXTRA CREDIT 

Rear entry makes it easy to add toys to the equation—and gives the man a graphic view as he plays.

8 Hanging Out

THE BENEFIT 

Talk about feeling smug. If you manage this position, you're well on the way to winning a medal for acrobatic antics. Some women find the head rush from this position intensifies sensation. It offers deep tongue penetration and easy anal exploration, too.

THE HOW TO 

The woman does a handstand. The man then picks her up, with her back facing his front, and raises her up until she can wrap her legs around his neck. The woman can use her hands to cling to his thighs or arms for extra support.

EXTRA CREDIT 

Ladies, if you're strong, you can use your hands to play with your man's penis and balls rather than to support your own weight. Just don't do anything that might make him drop you!



9 Bedroom Ballerina

THE BENEFIT 

Everything is clearly displayed and easy to access when the Bedroom Ballerina starts that horizontal dance. The man also has both hands free to roam.

THE HOW TO 

The woman lies on the bed on her side with her bottom leg bent and the other one raised in the air (using her top arm to support her raised leg if need be). The man lies between her legs, resting his head on her lower thigh, and gets down to business.

EXTRA CREDIT 

This position offers plenty of scope for toy play. Because the woman has her legs so widely spread, she may be able to take larger toys than usual.



10 Topsy Turvy

THE BENEFIT 

For full exposure and easy access, you can't get much better than Topsy Turvy. This position is great if the woman has a sensitive clit, as it's easy to avoid stimulating the tip.

THE HOW TO 

The woman lies in the middle of the bed and puts her ankles behind her ears. The man then kneels on the bed to feast on the delights on offer.

EXTRA CREDIT 

Given the exposed nature of this position, try approaching from the side as an alternative. Then try approaching from the other side. Different angles lead to different sensations so try them all to see which you like best. It's also easy for the woman's partner to add a toy to the equation.



11 Oral Cowgirl

THE BENEFIT 

The woman is completely in control, meaning she can writhe away to help her lover reach exactly the right spot. It's also easier to avoid stubble burn.

THE HOW TO 

The man lies on his back with a pillow (or several to ensure comfort and perfect positioning) underneath his head. The woman straddles his face, facing his head, then leans back onto her arms to push her clit into his face.

EXTRA CREDIT 

The man can use his free hands to caress the woman's breasts and bum. He can also slide a sex toy into her from behind.



12 Oral Reverse Cowgirl

THE BENEFIT 

The man has easy access to explore every inch of his lover's intimate parts—and has both hands free to hold a dental dam in position should they both want to try rimming. The woman can lean forward to grind her clit into his (well-shaved) chin for extra stimulation.

THE HOW TO 

The man lies on his back on the bed with one or more pillows under his head. The woman straddles him facing his feet and rests on her arms to position herself accordingly.

EXTRA CREDIT 

The woman can easily use a toy on herself as the man lets his tongue explore.



13 Wrapped Up in You

THE BENEFIT 

As the woman's thighs are together in this position, her labia will hug her clit as her lover sucks, which can add extra sensation. Her partner's hands can explore her body.

THE HOW TO 

The woman lies on her back with her knees bent and legs raised. Her lover lies between her thighs to lap away. The woman then hooks her legs over her partner's head (gently) and rests her legs on his back.

EXTRA CREDIT 

The man can easily add a toy to the equation: whether oral or anal is your choice entirely.



14 Open Wide

THE BENEFIT 

The woman is wide open and exposed, making access easy for her partner, who has both hands free to roam. The woman also has both hands free so she can play with her breasts.

THE HOW TO 

The woman lies on her back on the bed with her knees raised and legs spread. Her partner lies on the bed and starts licking.

EXTRA CREDIT 

This is another easy position in which to incorporate toy use. The woman can also flex her Kegel muscles to increase blood flow to the area and boost orgasm.



15 Bow to Your Mistress

THE BENEFIT 

Raising her hips off the floor will be made much easier if the woman engages her pelvic floor muscles—which in turn tenses up the Kegel muscles and boosts blood flow to the area. The man may get a dominant thrill from having his lover at his mercy, too.

THE HOW TO 

The man sits on the sofa and the woman does a shoulder stand on the floor in front of him, then lets her legs rest on either side of the man's hips. He then bends over to enjoy sipping from the furry (or not so furry) cup.

EXTRA CREDIT 

The woman can incorporate pelvic thrusts into this position to have increased control over her stimulation. Her partner can reach down to caress her breasts.



16 Worship Me

THE BENEFIT 

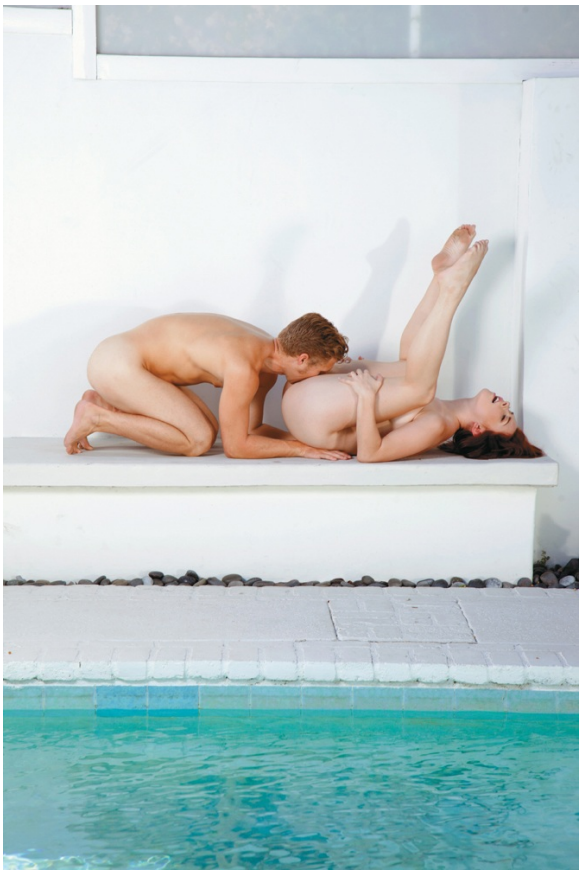
Talk about being in control. The woman can present herself in exactly the best way for her to get stimulation of her favorite zones, and it's easy for the man to bring his fingers into play, too.

THE HOW TO 

The man sits on the floor, his side to the sofa. The woman stands with one foot next to the man's hip and the other on the sofa, thus presenting her parts for exploration.

EXTRA CREDIT 

If the woman is feeling dominant and her partner's into bondage, some handcuffs could always be added . . .



17 The Thighmaster

THE BENEFIT 

Everything is accessible in this position, and the man has both hands free to use a dental dam to add rimming, if they both like the idea.

THE HOW TO 

The woman lies on the bed with her ankles behind her head. The man kneels in front of her and pays homage to her lady parts.

EXTRA CREDIT 

If he’s not using both hands to hold a dam in place, the man can use his free hand to pleasure himself as he pleasures his partner.



18 Stand Up for Your Love Rights

THE BENEFIT 

This position lets the woman control the stimulation she receives—and it's a great way to avoid feeling his stubble or beard. Submissive men will relish being dominated by their lover in this position.

THE HOW TO 

The man lies on the bed with his head hanging over the edge. The woman squats down to straddle his face. If the man's neck gets sore, she can reach down to support his head—and pull him deeper into her bits.

EXTRA CREDIT 

The woman can lean forward to use her hands on the man as he enjoys a box lunch. This will also bring the entire length of her clitoris in line with his mouth.



19 The Underworld

THE BENEFIT 

There’s no getting away in this position, making it ideal if you’re into power play. The woman gets to lie back and enjoy herself, safe in the knowledge she’s got all the time in the world.

THE HOW TO 

Though similar to a Stab in the Back, The Underworld has an extra twist—the man is covered in lube for a deeply slippery experience. The man lies on his back. The woman then pours lube all over him and lies on top of him, face up, with her head between his thighs and genitals in line with his mouth. Rather than just lying back and enjoying his attentions, she braces her legs against the floor and slides up and down the man’s body, changing the angle at which his tongue enters her. If they’re both into rimming, she can slide all the way. He’s got both hands free to hold a dam, after all.

EXTRA CREDIT 

The woman can use her hands to caress her body as the man indulges her. And if he starts by giving her a well-oiled massage before getting into position, her skin will slide deliciously against his bits.



20 Chairs and Graces

THE BENEFIT 

This position is great if the man tends to complain about getting a sore neck. He has easy access to his partner, and she's in control without the more obvious dominance of standing cunnilingus positions.

THE HOW TO 

The woman sits in a chair with her legs spread. The man then kneels on the floor in front of the chair and pays homage to her parts.

EXTRA CREDIT 

If she's into anal, the woman can sit on an anal toy while her partner focuses on her clit and labia. If not, she can wrap her legs around the man's head to add extra stimulation courtesy of her labia pressing together.



21 Stairway to Heaven

THE BENEFIT 

The wide-open position of the woman allows easy access to her most intimate zones, and it feels taboo due to the unusual location, which may add an extra thrill.

THE HOW TO 

This is a really simple position, as long as your stairs aren't too steep. The woman simply sits on the stairs with her legs spread super-wide and her feet on the same step as her buttocks. A few stairs down, the man kneels to lick her. Hold on to your banister if you have one—you don't want to fall down the stairs.

EXTRA CREDIT 

Adding a toy is easy. If the position means you can't reach your lover's breasts, try some mild nipple clamps (or fierce ones if you're into that kind of thing).



22 Splitting the Difference

THE BENEFIT 

The unusual stretch in this position will present the woman's nether regions in a whole new way. Who knows what sensations could follow?

THE HOW TO 

You'll have to be pretty acrobatic to make this one work, but if you're a limber lady, you're in for a treat. To get into position, the man lies on his back on the floor. The woman then does a sideways split over his face.

EXTRA CREDIT 

You want something more challenging? If you're really gymnastic, you could always try doing the split the other way.



23 Hang In There

THE BENEFIT 

My, but you'll feel smug if you can hold this position. And if you're into making homemade erotic films, this is a position that'll look impressive on camera.

THE HOW TO 

Another position for gymnastic goddesses, the woman stands in a door frame and does a pull up so that she's suspending her own weight in the air. The man then slides underneath and starts licking. He can take the strain from his partner by letting her rest some of her weight on his shoulders.

EXTRA CREDIT 

If you're seriously fit, you can try doing pull ups to tantalizingly remove your bits from the pleasure zone before resting them on your lover's face once more.



24 Time for T

THE BENEFIT 

If you're looking for a position that makes it impossible to miss the clit, this is the one for you: It's the only bit of you that's possible to access down below, but leaves your lover's hands free to explore you all over.

THE HOW TO 

The woman lies on her back with her legs together. Her partner lies at a right angle to her, with his face on her genitals; he has access to her clitoris and pubic mound but nothing else.

EXTRA CREDIT 

The man can try putting his hand on the pubic mound and gently pressing down. This will encourage the clitoral shaft to retract, exposing the oh-so-sensitive tip. Don't do this with a sensitive lover though—it could be painful rather than pleasurable.



25 Balancing Act

THE BENEFIT 

Some people get a thrill out of getting a head rush, and if you're one, this position will be sure to drive you wild. It also puts the man in control, and rests the woman's clit deliciously against his face.

THE HOW TO 

The woman does a handstand, leaving enough space between herself and any walls to ensure that her partner can easily kneel in front of her. The man then does exactly that and pulls her thighs toward him until they rest on his shoulders. Once in position, he starts lapping away.

EXTRA CREDIT 

If the woman wants to show off, she can spread her legs while doing a handstand instead of resting them against her lover's shoulders. Be warned: She may lose balance as she nears climax.



26 Shouldering On

THE BENEFIT 

This is an adventurous position that doesn't require too much in the way of gymnastics. It leaves the woman exposed—and submissive men may get a thrill out of being on all fours.

THE HOW TO 

The woman does a shoulder stand, supporting her hips with her hands, and spreads her legs wide. Her partner then kneels on all fours and buries his face in her.

EXTRA CREDIT 

The woman can flex her Kegel muscles to push herself into her lover's face and control the rhythm of his romancing.



27 The Hangover

THE BENEFIT 

Another great position for men inclined to get a sore neck during cunnilingus, The Hangover leaves the woman wide open with her genitals in line with her man's face. No neck bobbing required.

THE HOW TO 

The woman lies with her legs and hips at the edge of the bed. The man then kneels on the floor to lick her, and the woman lets her thighs rest on his shoulders.

EXTRA CREDIT 

The woman can add extra stimulation by wrapping her thighs around the man's neck. Just don't squeeze too hard in the throes of passion.



FELLATIO POSITIONS



28 Supporting Your Man

THE BENEFIT 

Into power play? This position puts the man in full control, with his partner exactly where he wants her (assuming he's a fan of backdoor fun). Even better, he's got trigasmic bliss as she can stroke his shaft and lick his balls, too.

THE HOW TO 

The woman lies on her back on the bed. The man then lies on top of her, face up, knees bent, with his balls in line with her mouth. She can lick his balls and has both hands free to use a dental dam if he's into rimming. Alternatively, she can use one hand to stroke his shaft while the other holds the dam in place. The man may need to support his weight on his arms if he's significantly heavier than his partner.

EXTRA CREDIT 

The woman can start by rubbing baby oil over her breasts for a visual treat to get him going. The sensation of her slippery boobs against his back will spur him on.



29 On Your Knees

THE BENEFIT 

Many men get a kick from seeing a lover on her knees. It's also easy for the woman to tilt her head back, thus opening her throat to allow for easier deep-throat.

THE HOW TO 

The man stands up and the woman kneels down to suck him. There's a reason this is one of the most common oral sex positions: It's easy!

EXTRA CREDIT 

Both of the woman's hands are left free so she can caress the man's balls, stroke his thighs, or use a prostate stimulator if he's into anal stimulation. This position is a great basic that can easily be pepped up with a little spice.



30 The Back Seat

THE BENEFIT 

This is a relatively easy position that's great for lazy afternoons when you're curled up on the couch watching TV together. The man gets to lean back and feel indulged while the woman does all the work. It also leaves both hands free for the woman to use as she wishes.

THE HOW TO 

So named because it's the classic position for movieplex munching, the Back Seat is simple. The man sits down next to the woman, who then leans over to suck his penis. The man can help relieve the woman's neck strain in this position by supporting her head. But he should resist the temptation to hold the woman's head in position as he thrusts—that way lies gagging or worse, which is particularly bad if you really are at the movies.

EXTRA CREDIT 

The woman can try making eye contact with her man when she's in this position. Showing that she loves what she's doing will make it all the more intense for him. Ladies who have long locks should invest in a hairband—otherwise errant hairs may get into your mouth and spoil the flow.



31 The Porn Star

THE BENEFIT 

This kinky position puts the man firmly in control, allowing him to thrust as he sees fit and even control the movements by using the woman's hair. As such, it's a popular position in porn. However, it can also be intensely satisfying, particularly if you're into sub-dom role-play. It also gives easy access to the balls for teabagging (taking his balls in her mouth), and if the guy's into rimming, he simply needs to move up. Just make sure you keep a dental dam on hand if you opt for the latter.

THE HOW TO 

The woman lies on her back and the man straddles her face. It's worth keeping some pillows on hand to allow you to change the angle of penetration and make things more comfortable for the woman, if required.

EXTRA CREDIT 

By moving this position over the edge of the bed, with the woman's head lying back, it opens up her throat and makes deep-throat much more manageable.



32 Access All Areas

THE BENEFIT 

This is a simple adaptation of On Your Knees that allows even greater scope for play. The woman can get her head between the guy's thighs for teabagging fun and has even easier access to his back door.

THE HOW TO 

The man stands up, legs spread, and leans back against a wall or sofa to present himself more fully to his lover. The woman kneels and plays.

EXTRA CREDIT 

For a kinky twist, as the man nears orgasm, the woman can lean back and offer her breasts up for his ejaculate. Porntastic!



33 Looking Good

THE BENEFIT 

For the man who likes to watch—or film—his oral encounters, this position is ideal. The woman's breasts are also within easy reach.

THE HOW TO 

The man lies on his side on the bed. The woman lies next to him, with her feet at his head, and buries her face in his man parts.

EXTRA CREDIT 

The woman can use her free hands to caress his balls or, for even more of a visual thrill, play with herself mere inches away from the man's face.



34 The Teabagger

THE BENEFIT 

If your man's into ball play, this is the perfect position. He can dangle away, teabagging (so named because it's like dunking a teabag into hot water) to his heart's content. Who says the way to a man's heart is through his stomach?

THE HOW TO 

The man stands with his legs spread. The woman sits on the floor, facing the same direction as the man, with her head under his balls and mouth open. It's time for teabagging.

EXTRA CREDIT 

For men who are into anal play, this offers the woman easy access to the area. The woman also has both hands free to use a dam should she want to add some rimming to the mix.



35 The Lazy Boy

THE BENEFIT 

For an indulgent treat, you can't beat The Lazy Boy. He lies back and relaxes while the woman indulges his every whim.

THE HOW TO 

The man lies on a sofa or bed. The woman kneels at his side and leans over to take him in her mouth.

EXTRA CREDIT 

Both of the woman's hands are left free to explore. Whether that's playing with the man's balls, nipples, anus, or a mix of everything, is entirely up to you.



36 Up and Under

THE BENEFIT 

Another position offering easy access to every inch of the man's most intimate parts, this position makes it easy to go for the trigasm: balls, shaft, and bum. That'll do nicely.

THE HOW TO 

The man lies on his side toward the edge of the bed, with one knee bent and the foot of that leg flat on the bed. The woman slips her head between his thighs from behind to lick his balls and shaft while using her hand to masturbate him.

EXTRA CREDIT 

The woman can use her hands to make easy use of a dental dam, meaning rimming is a feasible opportunity. She can also reach up to caress his nipples or masturbate herself as she pleasures him, offering a delicious tease as he'll feel her movements and hear her moans but won't be able to see what she's doing.



37 Cat and Dog

THE BENEFIT 

Deep-throat is so much easier in this position due to the woman's tilted-back head. The man can control the thrusting, too, if he's after a hardcore time.

THE HOW TO 

The woman lies on her back with her head tilted back and knees bent. The man gets onto all fours and straddles her face. If you know each other's limits, the man can control the thrusts. If not, the woman can use her hand on the man's shaft to control the depth of penetration.

EXTRA CREDIT 

As he's on all fours, it's easy for the woman to reach up and slide a prostate toy inside him, if he's into that sort of thing. She can also reach up to caress his nipples for a milder thrill.



38 The Bagpipes

THE BENEFIT 

If you really want to bury your face in a man's balls, this position allows plenty of scope—and both hands are free to use a dam if you want to rim him, too.

THE HOW TO 

The man does a handstand (or if that's too demanding, a shoulderstand). The woman kneels in front of him and uses her lips and tongue to stimulate his balls or anus (or both) while her hand works his shaft into a frenzy.

EXTRA CREDIT 

The man's penis is in line with the woman's breasts, so if you've always wanted a pearl necklace, you're sure to get the gift you desire.



39 Kiss His Ass

THE BENEFIT 

Want to get down and dirty? This position exposes the man's dark side and allows scope for long licks from the perineum to the tip of the penis. And, yep, you've guessed it: If those free hands are put to use holding a dental dam, it's perfect for rimming, too.

THE HOW TO 

The man lies on his back with his ankles around his neck. The woman kneels down, with her face in his family jewels, and starts those long, luscious tongue strokes.

EXTRA CREDIT 

Into sub-dom play? Spank the dirty boy for enjoying himself so much as you play.



40 Bow to Your Master

THE BENEFIT 

If he’s a breast man, he’ll love watching your boobs bounce as you suck him in this position. Think long, slow laps rather than deep-throat: This is about adoring your man’s bits from root to tip.

THE HOW TO 

The woman sits on the sofa. The man lies on the floor in front of her and puts his legs on either side of her hips. The woman leans forward and the man lines his genitals up with her face, ready for the indulgence to begin.

EXTRA CREDIT 

With his legs wide open, the man is offering up his bum for play. As such, it’s easy to slide a toy inside him if he’s into that sort of stimulation.



41 The Deep-Throater

THE BENEFIT 

If you're new to deep-throat but like the idea of giving it a go, this is the perfect position—hence the name. Elongating the neck makes it easier to take a man to the back of your throat. It's sure to put a smile on his face.

THE HOW TO 

The woman lies on her back on the bed, with her head dangling over the side. The man straddles her face and slides inside her mouth. If the woman wants to take control, she can use her hand to control the depth of penetration.

EXTRA CREDIT 

The man can lean forward to caress the woman's breasts as he thrusts—no doubt speeding his way to the (hopefully not too bitter) end.



42 Lazy Sunday Afternoon

THE BENEFIT 

If the man's feeling less energetic than the woman, he can simply lie back and allow himself to be pleasured as his partner does all the work. Meanwhile, she can do her utmost to restore his flagging ardor.

THE HOW TO 

The man lies on his back on the bed with his head on the pillow. The woman lies between his thighs and works her magic.

EXTRA CREDIT 

With two hands to play with, the woman has a wealth of options at her disposal. Nipples, balls, bum, thighs, or somewhere else entirely: The choice is yours.



43 XTC

THE BENEFIT

This position is great if you're looking for a different sensation. It changes the angle of entry, with the penis entering the mouth in such a way that the glans can rub against the side of the tongue, rather than the flat of it. And obviously, allowing the man to be in charge of the thrusting means he can set his own perfect rhythm.

THE HOW TO

The woman lies on her back across the middle of the bed. The man lies across her face, to form a letter T, supporting his weight on his elbows as he thrusts.

EXTRA CREDIT

The woman can caress her breasts or masturbate as the man thrusts to add extra visual thrills to proceedings.


HOLLYWOOD

44 Lazy Girl

THE BENEFIT 

All the fun of On Your Knees without any kneepads required. You can hold this position for much longer as a result—which is great if your man takes his time to deliver.

THE HOW TO 

The woman sits on a chair and the man stands in front of her and thrusts into her mouth. If the woman's nervous about her gag reflex, she can control the depth of penetration by holding the base of his penis, masturbating it as she does so to add extra pleasure.

EXTRA CREDIT 

The woman can bob her head up and down rather than letting the man control the thrusts: This will make her breasts jiggle in a most delightful way.



45 Head Over Heels

THE BENEFIT 

Another position that gives the man a great view, Head Over Heels is sure to send a rush of blood to his head—and hers. It also allows for deep oral penetration, assuming you can hold the position, that is. There's no way you'll ever be forgotten if you can pull this position off.

THE HOW TO 

The man sits on the sofa. The woman puts one hand on either side of his hips and does a handstand, with her face in his crotch and her legs resting against the back of the sofa if she requires support.

EXTRA CREDIT 

The man can use a toy on his partner as she pleasures him, so that he has a graphic view as well as an impressively acrobatic display of his lover's oral prowess.



46 The Exhibitionist

THE BENEFIT 

All the visual appeal of 69 with none of the effort for the man. Talk about a treat!

THE HOW TO 

To get into position, the woman simply straddles the man's body, doggy-style, with her bits over his face, and sucks his penis.

EXTRA CREDIT 

If the man likes watching his partner masturbate (and almost all men do—why do you think female masturbation is so common in porn?) she can play with herself as she sucks him. It's sure to speed his climax.



47 The Gymnast

THE BENEFIT 

If a man is worried about his size, this is the move for him: The Gymnast is sure to make even the most modest member look its mightiest. And if he looks up, his love is sure to grow as he sees the graphic view his lover presents.

THE HOW TO 

The man gets into the crab position, with his feet flat on the floor and hands flat behind his head. The woman then stands over his face and bends over to take his penis in her mouth, using her hands to support herself on the floor if required.

EXTRA CREDIT 

Wearing a butterfly-style vibe while pleasuring her partner will mean the woman is sure to enjoy herself just as much as her man. And throwing a masturbation show into oral is generally met with a positive response.



48 Sit and Lick

THE BENEFIT 

Once again, the man's member is presented in all its glory. However, this position is easier than The Gymnast for the less-than-acrobatic woman.

THE HOW TO 

Similar to The Gymnast but simpler, the man gets into the crab position. The woman then kneels between his legs and fellates him from above.

EXTRA CREDIT 

The woman has both hands free, and you know what that means. Yes, plenty of exploration of his erogenous zones, whether that means his bum, nipples, or somewhere else entirely.



49 The Daily Grind

THE BENEFIT 

If you're after mutual pleasure but aren't in the mood for 69 or similar, this position will get both of you off with minimal effort.

THE HOW TO 

The man lies on his back on the bed or floor with his arms by his side. The woman lies on her side next to him, with one thigh on either side of his arm and her face in his crotch. She can grind against his arm as she fellates him.

EXTRA CREDIT 

The man can use his other hand to reach over and penetrate his partner if she likes penetration along with her clitoral stimulation. Happy endings all round.



50 Breast Ever

THE BENEFIT 

Double the stimulation courtesy of combining breast and oral pleasuring: what a treat! And almost all men will love the view, too.

THE HOW TO 

The woman lies on her back. The man then straddles her and pushes her well-lubricated boobs together, sliding between them as she bends her head forward to take him into her mouth with every upstroke. Use flavored lube to make the experience as pleasant as possible for the woman.

EXTRA CREDIT 

If the woman has large breasts, she can alternate sucking the man's penis with sucking her own nipples to give him horny images he's sure to remember during his alone time.



51 Taking Dicktation

THE BENEFIT 

There's a reason *Secretary* was such a popular film, and it's not just the kinky sex. Office fantasies are incredibly common—and this position helps you make yours come true. Probably best not to try it with your real boss, though. That's no way to get a promotion (even though it may well work).

THE HOW TO 

The man sits on an office chair in front of a desk. The woman sits underneath the desk, with her legs on either side of his chair, knees raised, and feet flat on the floor, allowing him a graphic view if he looks down while she's taking dicktation.

EXTRA CREDIT 

Given the gratuitous view, you may decide that it's worth recording the dicktation session for posterity. After all, you may need a thorough appraisal.



52 Reverse Cowboy

THE BENEFIT 

This position allows the man to set the pace but limits the depth of penetration, making it ideal if the woman's nervous about her gag reflex. It's a great position for sub-dom power play, too: The woman is at the man's mercy, after all.

THE HOW TO 

The woman lies on her back in bed. The man straddles her face, facing her feet, and slides inside her. He should go slowly to avoid getting chafed by her teeth, though.

EXTRA CREDIT 

If the man's into anal play, the woman can circle her finger around his entrance or slide one inside while her lips work magic on his member.



53 Making a Boob

THE BENEFIT 

If the man's into boobs—and that applies to almost every straight guy—he'll get a double whammy of pleasure: the first from the oral pleasuring, and the second from feeling the woman's breasts brush against his body.

THE HOW TO 

The man lies on his side on the bed. The woman gets on all fours, straddling his body across his hips so that her breasts brush against his hip while her mouth works on his cock.

EXTRA CREDIT 

Baby oil and boobs go together like fish and chips or peanut butter and jelly. Slather your puppies in oil or lube and enjoy the sliding sensation and glistening view.



54 Twisted Fun

THE BENEFIT 

This position combines close body contact with oral bliss: a hug and a blow job rolled into one.

THE HOW TO 

The man gets into a shoulder stand with his legs spread. The woman then kneels behind him, facing his back, leaning forward between his legs to lick him from balls to tip, resting her weight on her hands as required.

EXTRA CREDIT 

The woman can let her hands roam over the man’s body, tweaking his nipples as she sucks him dry.



MUTUAL ORAL SEX POSITIONS



55 Classic 69

THE BENEFIT 

There’s a reason this is a classic: It’s so damned easy. You both have easy access to each other, and it requires no gymnastic ability—an all round winner.

THE HOW TO 

The man lies on his back with a pillow under his head to ease exploration without neck ache. The woman straddles him, with her bits over his face, and leans forward to take him into her mouth.

EXTRA CREDIT 

Both of you have two hands free, so there’s no excuse for you to keep them to yourself. Let them explore every inch of each other as you enjoy a dinner à deux.



56 69 Flip

THE BENEFIT 

Another simple position, the 69 Flip puts the man on top. Approaching from above minimizes stubble burn, though it's only polite to shave before indulging in oral (and a lady should keep her bits stubble free, too).

THE HOW TO 

The woman lies on her back with her legs spread. The man straddles her with his thighs on either side of her head and leans forward to get munching.

EXTRA CREDIT 

As with Classic 69, you both have your hands free, so make use of them by letting them roam over each other's erogenous zones.



57 Flipping Yes

THE BENEFIT 

If a woman greets a man in this position, she's sure to get what she wants. She's open to offers, and dangling her head down will open up her throat, too, making it easier to take her man all the way.

THE HOW TO 

The man sits on the floor with his legs in front of him. The woman puts her hands on either side of his hips, then does a handstand before spreading her legs, taking care not to kick her man in the face. The man then puts his arms around her waist to pull her closer and help support her.

EXTRA CREDIT 

If the woman's stable enough to do this position without support, the man can let his hands roam over her body—or hold a video camera to record the impressive feat.



58 A Bit on the Side

THE BENEFIT 

This is a perfect lazy oral position with lashings of extra bonuses. Approaching the clitoris from the side makes it easier to focus attention on the clitoral root while avoiding the tip. This is ideal if a woman has a particularly sensitive clitoris. Meanwhile, the man can thrust away, setting his own rhythm, which is sure to lead to an explosive climax.

THE HOW TO 

The woman lies on her side with her legs spread and one foot flat on the floor or sofa to allow for easy access. The man lies in front of her and slides his penis into her mouth.

EXTRA CREDIT 

The woman has both hands free to play with the guy's balls and bum, while the man's hands are free to explore the woman's breasts, thighs, and bum—or indeed, anywhere else you both want to explore. Talk about coordination.



59 Hungry Acrobats

THE BENEFIT 

If you're after a head rush—and a feeling of pride in your acrobatic ability—Hungry Acrobats is for you. The man has easy access to every inch of his lover's intimate zones, too.

THE HOW TO 

The man sits on the side of the bed. The woman does a handstand—carefully—on the edge of the bed, with one hand on either side of the man's hips. He should wrap his arms around his lover's waist to help support her unless she's a trained gymnast; she can make life easier on herself by wrapping her thighs around his neck. Then simply get noshing.

EXTRA CREDIT 

If the woman is stable enough, the man can use one hand to penetrate her or caress her body while the other one is wrapped around her waist for support.



60 Advanced Hungry Acrobats

THE BENEFIT 

This position is perfect for budding porn stars: If you want to impress, this will certainly do the trick. Some women find the head rush adds an extra thrill, too.

THE HOW TO 

The man needs to be super-strong for this position, so don't even consider it unless he's got arms of steel. The woman does a handstand and the man picks her up until her face is in line with his genitals. She then wraps her thighs around his neck and leans forward to suck him. The man has the bulk of the power here as he can raise and lower the woman to control the rhythm. However, the woman can also move up and down by using her thigh muscles.

EXTRA CREDIT 

Try this hands-free if you're both incredibly athletic, thus leaving your hands free to roam. However, this is not advised in the slightest unless you are trained gymnasts or circus performers. There's such a thing as showing off, you know.



61 Flipping Ass Licker

THE BENEFIT 

This is an animal position that feels dirty as hell, so it's great if you're looking to add some raunchiness to your sex life. It also allows easy access to every inch of the woman's most intimate parts—and the man can lean back to enjoy the view (though stopping midway through may lead to a disgruntled partner). Both the man's hands are free, making it easy for him to use a dental dam if rimming is something that appeals.

THE HOW TO 

The woman spreads her legs wide and touches her toes. The man sits behind her and dives in, clasping his hands around her back to pull her deeper into his face.

EXTRA CREDIT 

If the woman's limber, she can put her legs over the man's shoulders to allow even deeper tongue penetration.



62 Tunnel of Love

THE BENEFIT 

Talk about visually inspiring! The woman is wide open and on display, which is sure to set the man's ardor aflame. By leaning her head back, she extends her neck, making deep-throat so much easier.

THE HOW TO 

The man lies on his back with his knees bent and feet flat on the bed. The woman gets into the crab position above him, with her genitals above his face and her head dangling back, mouth open, ready to receive her man.

EXTRA CREDIT 

If the woman can manage this position one-handed, she can use the other one to caress her man's erogenous zones.



63 Double Nosebag

THE BENEFIT 

You'll be feeling smug as well as satisfied if you can pull this one off. The Double Nosebag gives you both extreme access to each other's bits and helps the woman keep her neck extended, thus making deep-throat so much easier. If the man isn't strong enough to support the woman, try this against a wall so that the woman can lean into it and support some of her own weight.

THE HOW TO 

The man kneels on the floor. The woman then gets into a handstand (careful about where you kick those legs) in front of the man, who lifts her up to groin level. The woman then hooks her arms around his torso and legs around his neck, while being careful about squeezing those thighs together so as not to suffocate the poor guy.

EXTRA CREDIT 

You should get a whole heap of extra credits just for managing this one at all, but if you're feeling ambitious, the woman can raise and lower herself using her thighs to help her lover hit exactly the right spot.



64 Headstrong Man

THE BENEFIT 

Men who get off on a head rush will love this acrobatic position. It also puts the woman fully in control, allowing lots of scope for long, slow licks and easy ball play.

THE HOW TO 

The man does a handstand and the woman kneels in front of him with her genitals in line with his face, putting her arms around his back to help support him. Then it's simply a case of tucking in.

EXTRA CREDIT 

If the man is super-gymnastic, he can do an unsupported headstand, thus leaving his hands free to caress his lover. If that doesn't impress her, nothing will.



65 Headstrong Woman

THE BENEFIT 

This time it's the woman's turn to get the head rush—along with a lot of clitoral stimulation. If you're not into tongue penetration, this is the position for you.

THE HOW TO 

The woman does a handstand, keeping her legs together so that the man can only lick her clitoris as he kneels in front of her. However, he's still got both hands free to explore her breasts, thighs, and other erogenous zones. Meanwhile, she can content herself with sucking him to nirvana.

EXTRA CREDIT 

The über-acrobatic woman can do an unsupported headstand, thus leaving both hands free to caress the man's balls, nipples, or whatever else she wants to. But frankly, if you can't manage this, it's in no way a comment about your sexual prowess.



66 Bridge-It Jones

THE BENEFIT 

This position will make the man's member stand proud, giving the woman a visual treat—and all those muscles straining will get her hot, too. Of course, she's totally in control, so if the man has a submissive side, it'll be even more intense.

THE HOW TO 

The man gets into the crab position, with his feet flat on the floor and hands flat behind his head as he arches his body off the ground. The woman then bends over him with her toes on the floor between his arms and her mouth on his bits, using her arms to support herself if required. Unlike The Gymnast, the man doesn't just get to gaze at his lover in adoration. Instead, she lowers herself onto his face as she sucks him for mutual bliss.

EXTRA CREDIT 

If the woman can do this without using her hands, way-hey! It's time for ball play. If he's into anal, there's nothing to stop her from slipping a finger inside him, too. (Use latex gloves if you want to protect your manicure, have long nails, or have any cuts on your fingers.)



67 Yes Butt

THE BENEFIT 

Similar to Flipping Yes but with a naughty twist, this position is one for the analingus-loving ladies. Her cheeks are parted, leaving plenty of scope for the man to work his magic. And how better to say thank you than with a dash of deep throat?

THE HOW TO 

The woman does a hand stand with her legs spread widely; the man then sits in front of her to thrust down her throat as his tongue explores her in a leisurely fashion. As his hands are engaged with holding her up, the woman should wear a female condom anally to ensure the area is covered as it'll be tricky to hold a dental dam in place.

EXTRA CREDIT 

This position is great for teabagging, too. Try alternating licking his penis with sucking his balls to build up anticipation and heighten the man's eventual climax.



68 Head Dangler

THE BENEFIT 

This position is great for deep-throating as it extends the throat. Better yet, she'll be incentivized to keep going by the delicious sensations her man is sending through her nether regions.

THE HOW TO 

The woman lies on her back with her head leaning back over the edge of the bed. The man then thrusts down her throat while leaning forward to lick her lady parts.

EXTRA CREDIT 

For more thrills, just add toys. With both hands free, the man has lots of scope to play.



69 Top to Toe

THE BENEFIT 

Clitoral stimulation is what it's all about for women, and this position will keep the man focused on that nerve-rich nub. Meanwhile, the woman can caress the man's balls and bum as she sucks.

THE HOW TO 

The man lies on his back on the bed. The woman lies facedown on top of him, with her mouth on his member and her thighs closed. This means that he can explore her clitoris so he's sure to hit the spot.

EXTRA CREDIT 

If you're into bondage, try tying the man up beforehand: Yes, it'll mean he can't caress your body, but it also means that he's within your control and you can do with him as you will . . .

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Most of all, thanks to you for buying this book. I hope you enjoy trying something new—and don’t fall over.

ABOUT THE AUTHOR

Emily Dubberley graduated with a degree in psychology and English, specializing in sexuality. After being short-listed for the *Cosmopolitan* Journalism Scholarship and the *Company Fiction Writer Award*, she created www.cliterati.co.uk, a women's online magazine featuring erotica, a problem page, news, and more. Since then, it's attracted over half a million page impressions per month and international press coverage.

She updated the site in 2012 to evolve it into a sex- positive site for people of all genders, sexualities, and (dis)abilities, with erotic stories to suit almost every relationship model, from single by choice to polyamorous and beyond. It now contains sex science, music, artcore (erotic art), culture, and current affairs alongside the original content, has a much extended erotica section, and has a dedicated team comprising some of the top sex writers in the world, providing much needed "sexed for adults." Cliterati was nominated for best sex and relationship blog in the 2012 *Cosmopolitan* blog awards.

Cliterati's success led Emily to become a writer and editor. She founded *Lovers' Guide*, *Scarlet*, and *EK* magazine. She has written for numerous publications, including *Grazia, FHM, More, Elle, Men's Health, The Guardian, The Star*, and *Glamour*, and has had articles syndicated worldwide. She wrote the five most recent *Lovers' Guide* videos, edited the *Lovers' Guide* magazine, and helped create www.loversguide.com. She also wrote for the *Joan Rivers Position* on UK Channel 5.

Throughout 2006, Dubberley wrote and presented a monthly podcast show, *Sex Talk with Emily Dubberley*, for Audible.co.uk. She followed this with a series of erotic anthologies for Audible.co.uk released in 2008.

To date, Emily has written twenty-five books that have been sold in the UK and internationally to countries including France, Germany, Spain, America, Serbia, Australia, and Holland. These include *The Field Guide to F*cking, Acrobatic Sex Positions*, and *Friendly Fetish: The Beginner's Guide to Kink*. She has also had short stories featured in several erotica anthologies, including *G is for Games* and *Ultimate Submission*.

Emily created Burlesque Against Breast Cancer to raise money for Macmillan

Cancer Support, through a £50,000 charity ball and two erotica anthologies, *Ultimate Burlesque* and *Ultimate Decadence*. To date, it has raised £15,000 for Macmillan.

She is frequently quoted as an expert in magazines, including *Cosmopolitan, Elle*, and *Company*; has been involved with TV shows for all the UK terrestrial channels and various satellite channels; and writes for numerous websites, including iVillage.co.uk, TheSite.org, and MSN.

In her (rare) spare time, Emily blogs at urban gardening site www.groweatgift.com and science/arts organization www.forestofthoughts.co.uk. Her personal site is www.dubberley.com and she tweets @cliterati1. She lives in Brighton, England.

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